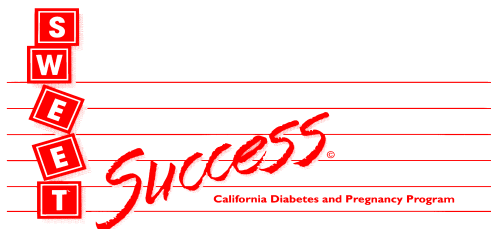


VEGETARIAN DAILY FOOD PYRAMID FOR GESTATIONAL DIABETES

Every day, plan to:

1. Eat 3 meals at the same time each day.
2. Have 3-4 snacks, 2-3 hours apart.
3. Eat a bedtime snack, no more than 10 hours before the next breakfast.
4. Drink plenty of fluids: at least six 8-ounce glasses of water or caffeine-free, sugar-free beverages. Limit coffee to 2 cups daily. Do not have any alcoholic beverages.
5. Use artificial sweeteners in moderation.
6. Combine foods groups carefully:
 - ♦ When combining Starch, Fruit, Milk, and Protein Substitute foods, select only a total of 2-3 servings of these groups at one meal . No more than 1-2 at a snack.
 - ♦ Eat whole grain foods, high fiber foods, and fresh fruits. Use fruit rather than juice.
 - ♦ Spread carbohydrate foods throughout the day.

For an individualized meal plan and more information, see a Registered Dietitian.



These are general guidelines from the Sweet Success: California Diabetes and Pregnancy Program, supported in part through contracts with the State of California, Department of Health Services, Maternal and Child Health Branch, Federal Title V Funds.

Vegetarian Daily Food Pyramid for Gestational Diabetes

WATCH OUT!

Talk to a Registered Dietitian about how these foods may affect your blood sugar: table sugar, honey, molasses, candy, jams, jelly, cakes, pies, donuts, and cookies.
Don't drink regular sodas, Kool-Aid®, and fruit juice flavored drinks.



8 black or 10 green olives
1 tsp oil or ghee
2 Tbsp of avocado
1 Tbsp lite margarine
6 almonds or 2 whole walnuts or 2 pecans or 1 Tbsp sunflower seeds

Fats

3 or more servings

Milk

3 to 4 servings (4 for teens)

Tip: Drink only 8 fluid ounces of milk at one time. You may need to avoid milk at breakfast.



1 cup 1% or fat free milk or butter milk

3/4 cup yogurt, no sugar added



1 oz. cheese, or 1 egg, or 1/4 cup cottage cheese, 1/2 cup tofu

Protein/Meat Substitute

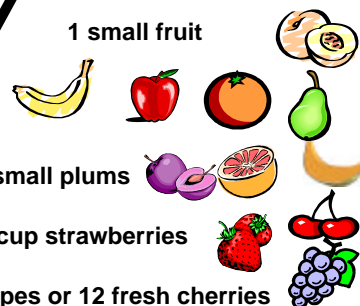
7 or more ounces spread out through the day
1 cup (no sugar added) calcium fortified soymilk that contains less than 3 grams of carbohydrate
2 Tbsp Peanut butter equals 1 oz. protein
1/2 cup dhal, lentils, or beans*

* Equals 1 starch + 1 protein

Fruit

2 or more servings

Tip: Eat 1 serving at a time; avoid fruit juice; omit fruit from breakfast meal.

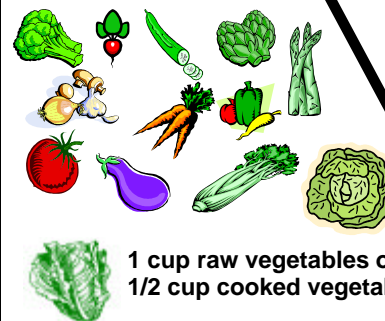


1 small fruit

2 small plums

1 1/4 cup strawberries

17 sm grapes or 12 fresh cherries



Vegetables

4 or more servings

1 cup raw vegetables or 1/2 cup cooked vegetables

Starch/Bread

7 or more servings

Tip: Large servings can raise blood sugar too much.



1/2 cup cooked corn, 1/2 large ear of corn, 1/2 cup peas
1 cup winter squash



6 saltine crackers

1 slice whole grain bread, 1 small tortilla, 1/3 cup cooked rice or pasta, 1/2 cup mashed potatoes (non instant), 1/2 cup cooked yams or sweet potatoes, 1- 6" chappathi, 1 roti, 1/4 of an 8"x 2" naan.

1/2 cup cooked non-instant cereal



1 small potato

WATCH OUT!

Cold cereals, instant soups, rice, noodles, potatoes, and other processed foods may raise your blood sugar.

The minimum servings recommended above meet the nutrient requirements for pregnancy but may not meet your individual energy needs. Talk to your Registered Dietitian about how many servings you will need and how to combine foods.

June 2004